



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09030, Apricots, dehydrated (low-moisture), sulfured, uncooked

Report Date: July 01, 2017 13:41 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 119g
Proximates					
Water	g	7.50	--	--	8.93
Energy	kcal	320	--	--	381
Energy	kJ	1339	--	--	1593
Protein	g	4.90	--	--	5.83
Total lipid (fat)	g	0.62	--	--	0.74
Ash	g	4.09	--	--	4.87
Carbohydrate, by difference	g	82.89	--	--	98.64
Minerals					
Calcium, Ca	mg	61	--	--	73
Iron, Fe	mg	6.31	--	--	7.51
Magnesium, Mg	mg	63	--	--	75
Phosphorus, P	mg	157	--	--	187
Potassium, K	mg	1850	--	--	2202
Sodium, Na	mg	13	--	--	15
Zinc, Zn	mg	1.00	--	--	1.19
Copper, Cu	mg	0.576	--	--	0.685
Manganese, Mn	mg	0.369	--	--	0.439
Vitamins					
Vitamin C, total ascorbic acid	mg	9.5	2	--	11.3
Thiamin	mg	0.043	2	--	0.051
Riboflavin	mg	0.148	2	--	0.176
Niacin	mg	3.580	2	--	4.260

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 119g
Pantothenic acid	mg	1.067	2	--	1.270
Vitamin B-6	mg	0.520	2	--	0.619
Folate, total	µg	4	2	--	5
Folic acid	µg	0	--	--	0
Folate, food	µg	4	2	--	5
Folate, DFE	µg	4	--	--	5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	633	2	--	753
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	12669	2	--	15076
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.043	--	--	0.051
16:0	g	0.037	--	--	0.044
18:0	g	0.005	--	--	0.006
Fatty acids, total monounsaturated	g	0.268	--	--	0.319
18:1 undifferentiated	g	0.268	--	--	0.319
Fatty acids, total polyunsaturated	g	0.121	--	--	0.144
18:2 undifferentiated	g	0.121	--	--	0.144
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.087	--	--	0.104
Threonine	g	0.176	--	--	0.209
Isoleucine	g	0.151	--	--	0.180
Leucine	g	0.288	--	--	0.343
Lysine	g	0.339	--	--	0.403
Methionine	g	0.024	--	--	0.029
Cystine	g	0.016	--	--	0.019
Phenylalanine	g	0.203	--	--	0.242
Tyrosine	g	0.114	--	--	0.136
Valine	g	0.179	--	--	0.213
Arginine	g	0.190	--	--	0.226

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 119g
Histidine	g	0.081	--	--	0.096
Alanine	g	0.241	--	--	0.287
Aspartic acid	g	1.122	--	--	1.335
Glutamic acid	g	0.495	--	--	0.589
Glycine	g	0.151	--	--	0.180
Proline	g	0.293	--	--	0.349
Serine	g	0.281	--	--	0.334
Other					